

F.C.C. POLLOCK COMMISSARY LIST

NAME _____ REG NUMBER _____ DATE _____ UNIT _____

Instructions: Fill in the quantity of each item you wish to purchase. No additions will be made once your list has been submitted. **Stamp your list at the top and the bottom** utilizing the appropriate machine according to your scheduled time to shop, remove and retain the BOTTOM PORTION OF THE LIST.

65 * Greeting Card (limit 10)(Specify Type and Language)

PHOTO/STAMPS (LIMIT \$12.60 OR 20 TOTAL)		1.30		Louisiana Hot Sauce (4)	.50	*Toothbrush Holder (1) #1
.68		\$*STAMP, .63 CENTS SINGLE	1.30	Soy Sauce (4) K	2.55	*Clear Floss Loops (1)
13.60		\$*STAMPS 20 EA CENTS BOOK	1.05	Dill Pickles (4) K	.75	*Dental Floss on a Stick (1) #1
1.00		^PHOTO TICKET (10)	1.05	Hot Pickles (4)	4.90	Denture Cleaner (1) #1
6.50		\$*^COPIER CARD (4)	1.50	Olives in a Bag Whole(10)	HAIR CARE (LIMIT 8 TOTAL)	
MISCELLANEOUS		2.10		Carnation Dry Milk (2) K	5.60	^ Sulfur 8 Shampoo (2)
9.35		Digital Alarm Clock (1) #1	2.15	Almond Milk (6)	1.95	^*V05 Shampoo (2)
BATTERIES (LIMIT 1)		2.10		Sugar Free Cocoa (4)	1.95	^*V05 Conditioner (2)
2.50		Watch Battery CR 2016 (1)	2.10	Purple Berry (4)	3.15	*Body Wash (2)
2.50		Watch Battery CR 2025 (1)	1.30	Ocean Breeze (4)	1.15	*Body sponge
3.90		Watch Battery CR 2032 (1)	1.30	Fruity Red Punch (4)	7.15	^*Pantene Shampoo (2)
3.90		Watch Battery CR 1616 (1)	1.30	Lemon Berry (4)	7.30	^*Pantene Conditioner (2)
2.60		Watch Battery CR 1220	1.30	Green Tropical (4)	2.45	Murray Wave Pomade (2)
CRACKERS (LIMIT16 TOTAL)		5.55		Skittles Tropical (4)	2.25	*Royal Crown Hair Dressing (2)
4.35		Saltine Crackers (2) K parve	MEAT & FISH ITEMS (LIMIT 48 TOTAL)		6.55	^Pink Oil Moisturizer (2)
3.25		Graham Cracker (4)	2.75	Legendary Beef Sausage (6)	5.40	Dandruff Shampoo
3.25		Keebler Club Crackers (1)	2.75	Legendary Hot Sausage (6)	1.90	Softie Herbal gro (2)
1.20		Cheddar Cheez Its	2.75	Legendary Jalapeno Beef Sausage (6)	8.60	African Pride Magic gro (2)
SOUPS/RICE (LIMIT 24 TOTAL)		2.75		Legendary Turkey Log (6)	HAIR CARE MISCELLANEOUS	
.75		Chili California Vegetable Cup Soup	2.75	Hot Beef Pep. Jack Sausage (6)	.50	*Finger Brush (1)
.75		Cajun Shrimp Cup of Soup	1.60	Hot Beef & Jalapeno Stick (12)	.50	Afro Pick (1) #2
.75		Cheddar Cheese Cup Soup	1.60	Turkey and Swiss Sticks (12)	1.95	Black Hair Ties (2)
.55		Ramen Soup, Chicken Roasted	2.50	Turkey Bites (12)	1.50	*Rubber Bands Hair (2)
.55		Ramen Soup, Chili	2.50	Hot Beef Bites (12)	1.95	Shower Cap (2)
.55		Ramen Soup, Beef	2.00	Chili, No Beans (12)	2.15	Wave Cap
.55		Ramen Soup Shrimp	2.10	Chili, With Beans (12)	1.20	*Military Brush (1) #1
1.75		White Rice Pre Cooked (12) K	1.60	Tuna, Lite (12) K H	1.00	Vent Hair Brush (1) #1
1.80		Brown Rice Pre Cooked (12) K	2.55	Pepperoni Slices (12)	3.30	Comb & Brush Set (1) #1
2.60		Refried Beans (12) K	1.55	Lemon Mackerel Fillets (12) K H	\$* OTC MEDS (LIMIT TOTAL 6)	
1.20		Kraft Mac & Cheese (12) K	1.10	Mackerel Fillets (12) K H	3.00	\$*Cough Syrup (1)
2.35		Cheese Rice (12) K	6.00	Shredded Beef (12) K 8oz	2.25	\$*Muscle Rub (2)
COOKIES		5.05		Shredded Pork (12)	2.95	\$*Hemorrhoid Cream (2)
1.05		Duplex Cookies (5) K	4.45	Chicken Breast (6)	2.95	\$*Tums(4)
1.95		Bud's Best Vanilla Wafers (5) K	1.05	Sardines (12) K	3.50	\$*Stomach Relief - Pepto (2)
1.80		Buds Best Choc Chip (5)	2.55	Oysters (12)	2.85	\$*Milk of Magnesia (2)
2.75		Buds Best Pecan Supreme (5)	1.95	Clams (12)	3.75	\$*Cough Drops Bag (2)
1.10		Marias Cookies (12)	1.90	Spam Singles (12)	1.50	\$*Allergy Tablets (2)
1.15		Grandma Cookie (5)	3.25	Pink Salmon (12)	3.00	\$*Ibuprofen (2)
COFFEE CREAMER AND SWEETENER		CEREAL/NUTS		1.85	\$*Aspirin (2)	
3.75		Coffee, REGULAR (10) H	4.35	Granola Blueberry (4)	2.40	\$*Pain Relief Tablets 325mg (2)
9.85		Folger's Coffee (5)	4.35	Granola Cherry Vanilla (4)	1.65	\$*Hydrocortisone Cream (2)
1.75		Non Dairy Creamer, Bag (5) K dairy	3.40	Peanuts Unsalted (4) K	2.50	\$*Triple Antibiotic Ointment (2)
1.85		Equal 100/pks (1)	3.80	Kars Mixed Nuts (4)	1.40	\$*Anti-Fungal Foot Cream (2)
1.85		French Vanilla Creamer (5)	3.35	Almonds (4) K	1.65	Stool Softener (2)
7.35		Tea Bags (2) K	5.20	Trail Mix (4)	2.00	\$*Oral Gel (2)
3.50		Assorted Tea(2)K	4.90	Almond -Walnut Cranberry Mix (4)	3.65	\$* Gas Relief (2)
CHEESES		4.20		Colossal Berry Crunch (2)	2.20	\$*Nasal Spray (2)
3.75		Squeeze Cheese (2)	4.40	Frosted Flakes (2)	7.95	Omeprazole
3.90		Jalapeno Squeeze Cheese (2)	BAG CANDY		2.20	\$Artificial Tears (2)
.40		Cream Cheese Pack (24) H	3.75		3.50	\$*Vitamin C (2)
.50		Ranch Dressing (24)		Lifesaver Mints (5)	4.80	\$*Multi Vitamins (2)
2.10		Smoked Gouda (2)	CANDY BARS SINGLES (LIMIT 24 TOTAL)		3.65	\$*Vitamin E (2)
2.10		Habanero Cheese (2)	1.30	Snicker (12)	6.90	Tucks Medicated Wipes
2.10		Mozzarella Cheese Block (4)	1.30	Reece's Peanut Butter cups (12)	22.80	\$ Nasacort
2.10		Cheddar Cheese Block (4)	1.30	Whatchamacallit (12)	HEALTH	
3.25		Small Parmesan Cheese (4)	1.30	Twix (12)	19.50	Dr. Scholls Gel Insoles (1)
MISCELLANEOUS FOOD ITEMS		INSTANT OATMEAL AND GRITS		5.20	5.20	Sunblock (2)
275		Peanut Butter (4)	3.00	Oatmeal (Plain) (4) K	1.60	Zit Cream (1)
2.25		Squeeze Salsa (4)	3.85	Instant Oatmeal Variety Pack (4) K	1.25	Good Sense Lip Balm (2)
1.95		BBQ Sauce (2)	5.70	Instant Original Grits (4)	2.40	Vapor Chest Rub (1)
.45		Ranch Dressing Pack (12)	PASTRIES (4 EACH OR 12 TOTAL)		1.85	\$*Blistex Lip Ointment (2)
1.75		Siracha (2)	1.40	Honeybuns (6)	.95	\$*Adhesive Bandages (2)
2.55		Jalapeno Sauce (4)	2.60	Zebra Cakes (4)	6.30	\$*Corn Pads (2)
2.15		Salt And Pepper (2)	3.25	Choc. Cupcakes (4)	7.75	\$*Fiber Powder (1)
5.95		Squeeze Mayonnaise (2) K	4.35	Cookies & Cream Brownies (4)	6.50	\$*Fish Oil Gel Tablets (2)
2.50		Chili Garlic Sauce (2)	2.60	Oatmeal Creme Pies (4)	1.50	Lucky Foot Powder
2.95		Jalapeno Wheels (4) K	3.35	Strawberry Pop Tarts (2)	\$*SOAPS & DEODORANTS (TOTAL 4)	
3.00		Sweet Hot Asian Sauce (2)	DENTAL HYGIENE		1.90	*Dial Soap Singles (4)
1.70		Corn Tortillas (12) K	2.85	*Close Up (2)	2.80	*Dove Soap (4)
2.85		Flour Tortillas (12) K	3.90	*Colgate Baking Soda (2)	2.75	* Ivory Soap 3 pk (2)
3.20		Hot Pepper Mix (4)	7.45	Colgate Sensitive (2)	.95	*Next 1 Antibacterial Sports Bar (4)
1.25		Garlic Powder (2)	1.95	^ *Close Mouth Wash (1)	.95	*Next 1 Cocoa Butter (4)
4.30		Mrs. Dash (3) K parve	2.35	Denture Bath Cups (1) #1	3.90	*Neutrogena Acne Soap Singles (4)
2.05		Adobo Seasoning (2)	1.00	*Toothbrush Colgate Soft (1) #1	3.45	*Irish Spring 3 pk (2)
1.70		Goya Seasoning Packets(2)	5.25	*Denture Adhesive (1)	2.15	*Ambi Soap (2)
					.60	*Soap Dish (2)
					3.75	*Degree Xtreme Blast (2)
					2.15	*Dial Roll-On Deodorant (2)

FCC POLLOCK COMMISSARY LIST-STAMP AND REMOVE THIS PORTION AND RETAIN TO GAIN ACCESS TO THE COMMISSARY

NAME _____ REG NUMBER _____ UNIT _____

2.90		*Power-Up Extreme (2)	13.00		Elbow Support	11.70		med lg xl
* SKIN CARE LOTIONS (LIMIT 6 TOTAL)			12.35		Ankle Support			Thermal bottoms
2.65		Clear Speed Stick (2)	9.75		Wrist Support	14.30		2x 3x 4x 5x 6x
5.20		^*Vitamin E Gel (2)	3.55		Bicycle Playing Cards (2) #2	3.85		Crew socks (3)
3.65		Suave Lotion	3.25		Bicycle Pinochle Cards (2) #2	3.85		No Show socks (3)
3.65		Suave Cocoa Butter Lotion	4.95		Refill (Photo Album 10 x 11) (2) SM	3.90		Head Band (1/pk)
2.15		^*Baby Powder (2)	4.95		Refill (Photo Album 10 x14) (2) LG	3.90		^Wrist Band (2/pk)
5.95		Ambi Skin Cream	5.20		*Reading Glasses	6.50		Athletic Supporter M L
6.55		St. Ive's Face Scrub			Sizes Circle One: 1.0,1.5,1.7,2.0,2.5,3.0	6.50		Athletic Supporter XL
2.55		Cocoa Butter Stick (2)	12.95		Mighty Reading Light (1)	14.30		Snap Back Baseball Cap white
5.20		Vaseline Lotion	29.40		Chess Board Set (1)	11.70		Bath Towels (3)
MISCELLANEOUS HYGIENE			1.05		Handkerchief (5) #5	1.95		Wash Cloth (3)
.55		Fingernail Clippers (1)	7.55		Racquetball 3 pack (2) #2	CHIPS (LIMIT 5 TOTAL ITEMS)		
5.20		Mustache Scissors (1)	5.20		Level 10 Bowl	2.95		Doritos Nacho
.60		*Tweezers (1)	3.90		22oz Clear Mug (1) #1	2.55		Tortilla Chips K
2.20		*Cotton Swabs (2)	8.00		Large Quart Bowl	2.95		Flaming Hot Cheetos
SHAVING SUPPLIES			.45		Spoon (2)	2.75		Jalapeno Poppers
1.30		^*Shave Gel (2)	5.20		Quart Bottle	1.50		Pork Skins
3.90		*Gillette Aftershave (2)	.55		Cereal Bowl w/Lid (2) #1	ICE CREAM LIMIT 2 TOTAL ITEMS		
4.50		Bump Stopper (2)	RELIGIOUS ITEMS #3 must have Chaplain approval.			3.25		Write in Flavor
6.85		*Schick Tracer Cartridge (2)				0.70		Ice Cream Sandwich
1.80		*Bic Twin Blade Disp Razor 10pk (2)	5.49		Kufi White	PRAYER OIL: Write in fragrance		
6.35		Magnum 5 Razor	2.95		Bandana, Red w/Dark Center	4.55		Fragrance Oil 1oz (2)
6.35		Magnum 5 Blades	10.95		Rasta Crown S/M			
16.25		*Mach III Razor Replacement Blades (1)	11.95		Rasta Crown XL	4.55		Prayer Oil 1oz (2)
11.20		Mach III Razors (1)	CLOTHING, <u>CIRCLE SIZE REQUESTING</u>					
5.95		^*Magic Shave Cream (2)	LIMIT 1 EACH			2.45		Sewing Kit (1)
2.65		Plastic Mirror (1) #1	7.15		Grey T-Shirt large x-lrg 2x 3x	2.10		Dishwashing Liquid (1)
9.90		Hygiene Bag (1)	7.80		GreyT-Shirt 4x 5x 6x	1.50		Thong Shower Shoe sm med lg xl 2x
* CORRESPONDENCE SUPPLIES			6.50		Grey A-Shirts md lg xl	**Drinks are limited to 2 twelve packs total**		
1.45		*Clear Folder (2)	10.40		Grey A- Shirts 2xl	6.75		^ Coke Classic (2)
27.25		^*Typewriter Ribbon (2) #1	11.70		Long Sleeve md lg xl 2x 3x 4x	6.75		^ Fuze Tea (2)
12.70		*Lift Off Tape	11.70		Long Sleeve 5x 6x	6.75		^ DR. Pepper (2)
2.10		*Correction Tape (White Out) (2)	23.40		Shorts LG XL 2x	6.75		^ Sprite (2)
1.00		*Writing Tablet (2)	26.00		Shorts 3X 4X 5X 6X	HIGH DOLLAR ITEMS		
2.10		*Envelopes Letter Size 50bx (2)	4.95		Gray Knit Caps	**Theses items can only be purchased once every THREE months.**		
1.10		*Ballpoint Pen (2) #2	22.10		Boxer Shorts med lg xl	74.95		Adidas SIZE _____
2.85		Colored Pencils (1)	15.60		Boxer Shorts 2x	64.95		Nike SIZE _____
1.30		Small Legal Envelopes 4 pack (2)	16.50		Boxer Shorts 3x 4x	11.70		JVC Earbud
1.55		*Large Legal Envelope 2 pack(2)	7.70		Boxer Briefs med lrg xlrq	3.60		MP3 Cover(Large)
.85		*Padded Envelope	7.70		Boxer Briefs 2x	123.5		Score 7c
MISCELLANEOUS ITEMS			8.95		Boxer Briefs 3x 4x	17.45		Score 7c Cover
4.55		Orange Commissary Bag (1)			Sweatshirt	9.95		Koss CL-5 Headphones
10.40		Gym Bag(1)	18.85		lg xl 2x 3x 4x	5.10		6' Headphone Extension
26.65		3pc. Orange Rainsuit	23.40		Sweatshirt 5x	65.20		Sangean Wind-Up Radio
3.60		Clear Poncho			Sweatpants w/pockets	36.40		Koss R-10 Headphones
1.35		Address Book (1) #1	22.10		lrg xl 2x 3x 4x	51.95		Casio W73H-1AV Watch
2.45		Deluxe Address Book (1) #1			Sweatpants w/pockets	While supplies last		
3.85		Pocket Dictionary (1)	29.90		5X 6X			
2.25		Spanish/English Dictionary (1)	23.40		Sweatpants w/pockets			
12.35		Photo Album (1)			7X 8X			
14.30		Large Photo Album 10 x 11 (1) #1			Thermal Tops			
22.10		Batting Gloves TPX (1) L XL 2XL	11.70		lg xl			
27.95		Weight Lifting Gloves L XL 2XL			Thermal Tops			
20.80		Knee Wrap	14.30		2x 3x 4x 5x 6x			
					Thermal bottoms			

NOTICE: Orders for high dollar items (in stock) will be filled at the sales window, if available. Special orders require a processing period of approximately three weeks. You must try shoes and boots on prior to leaving the sales window. Inspect all boots, shoes, radios etc. prior to exiting the sales window.

UPDATED 10/17/2024

NOTES: The following notes are for your benefit, it is imperative that you observe these codes while filling out your list.

- * Items can be purchased while on commissary restriction.
- # Institution possession limits per policy.
- It is your responsibility to maintain proper clothing levels.

- K For kosher items
- H For halal items
- () Indicates purchasing limits
- ^ non transferrable item
- \$ Items that do not effect spending limit

SUGGESTIONS:_____

ONCE YOU DEPART FROM THE COMMISSARY, ALL SALES ARE FINAL.

Commissary spending limit is \$180.00 weekly (not to exceed \$360.00 monthly validation.) Stamps, Copy Cards, and OTC Meds are exempt from your spending limit and can be purchased while on restriction but are not exempt from your 360.00 total monthly limits. Monthly spending limit while on stamp and hygiene restriction is \$15.00 (items with this symbol *)

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE, NO SUBSTITUTIONS WILL BE MADE FOR OUT OF STOCK ITEMS AT THE SALES WINDOW and NO ADDITIONS WILL BE MADE TO YOUR LIST ONCE IT HAS BEEN STAMPED THEN TURNED IN. Once an SPO is received, you must purchase it on your shopping day prior to shopping for any other item.